

E490

ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

E490

PARTS LIST

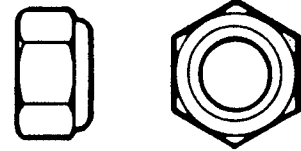
04-02-91

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	2	C0269-D12
2	ADJUSTABLE UPRIGHT	2	C0272-D12
3	UPRIGHT CROSS MEMBER (2 HOLES)	1	C0298-E04
4	UPRIGHT CROSS MEMBER (1 HOLE)	1	C0299-E04
5	MAIN FRAME	1	C2142-E04
6	FRONT SUPPORT	1	C2143-E04
7	FRAME BRACE	1	C2144-E04
8	BACKREST	1	C1337-E04
9	SEAT	1	C1311-D12
10	LONG ANGLE IRON	2	C6234-D12
11	ANGLE IRON BRACE	2	C6235-D12
13	LEG CURL	1	C1166-D12
14	PAD BAR 13 1/2"	2	C6121-A25
15	FOAM PAD 5 3/4"	4	C0412-B18
16	PAD BAR 16"	1	C6061-A14
17	FOAM PAD 7"	2	C0426-A14
18	WEIGHT PIN	1	C6230-D02
30	5/16" X 3" HEX HEAD BOLT	8	HH-5167
31	5/16" X 5" HEX HEAD BOLT	1	HH-5328
32	5/16" X 2 1/2" HEX HEAD BOLT	4	HH-5053
33	5/16" X 2 1/4" HEX HEAD BOLT	3	HH-5323
34	5/16" X 3/4" HEX HEAD BOLT	2	HH-5245
35	5/16" X 4 1/4" HEX HEAD BOLT	1	HH-5342
36	3/8" X 2 3/4" HEX HEAD BOLT	1	HH-5238
37	5/16" NYLON LOCK NUT	18	HH-5012
38	3/8" NYLON LOCK NUT	1	HH-5088
39	5/16" WING NUT	1	HH-5209
40	1/4" X 3/4" ROUND HEAD SCREW	6	HH-5022
41	BUSHING	3	HH-5259
42	2 1/2" SQUARE PLASTIC CAP	2	AA-8013
43	2" SQUARE PLASTIC CAP	7	AA-8002
44	1" ROUND PLASTIC COVER CAP - 15	1	AA-8070
45	1" ROUND PLASTIC CAP	1	AA-8005
46	PLASTIC FRAME INSERT	2	AA-8085
47	3/4" ROUND PLASTIC CAP	6	AA-8004
49	PLASTIC BUSHING	1	AA-8112
50	SMALL LOCKING PIN	2	WW-7034
51	LARGE LOCKING PIN	1	WW-7035
	HARDWARE BAG (BOLTS & NUTS)	1	C5877-E04
	HARDWARE BAG (PLASTICS & FOAM PADS)	1	C5878-E04
	UPRIGHT DECAL	2	DE-4160
	INSTRUCTION MANUAL	1	CNN-1119

E490 HARDWARE ILLUSTRATION SHEET



3/8" HEX HEAD BOLT
36



3/8" NYLON LOCK NUT
38



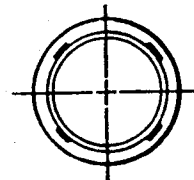
5/16" HEX HEAD BOLT
30 31 32 33 34 35



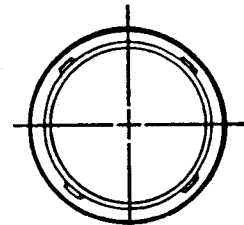
5/16" NYLON LOCK NUT
37



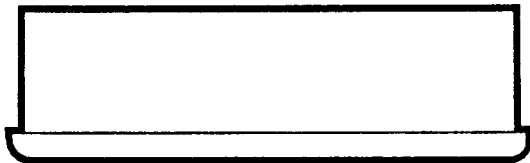
2" SQUARE PLASTIC CAP
43



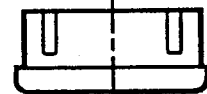
3/4" ROUND
PLASTIC CAP
47



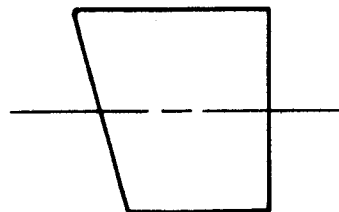
1" ROUND
PLASTIC CAP
45



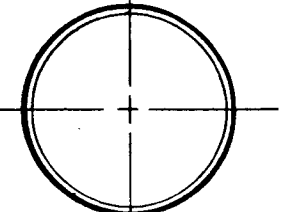
2 1/2" SQUARE PLASTIC CAP
42



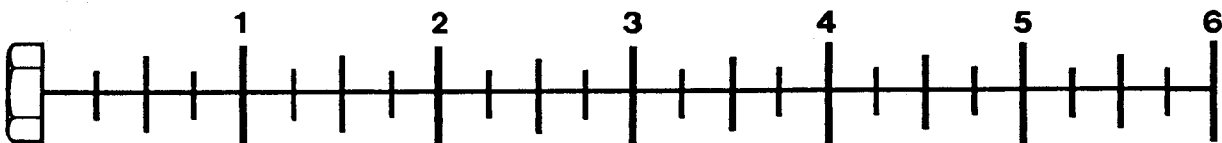
1/4" ROUND HEAD SCREW
40



1" ROUND COVER CAP -15°
44



BUSHING
41



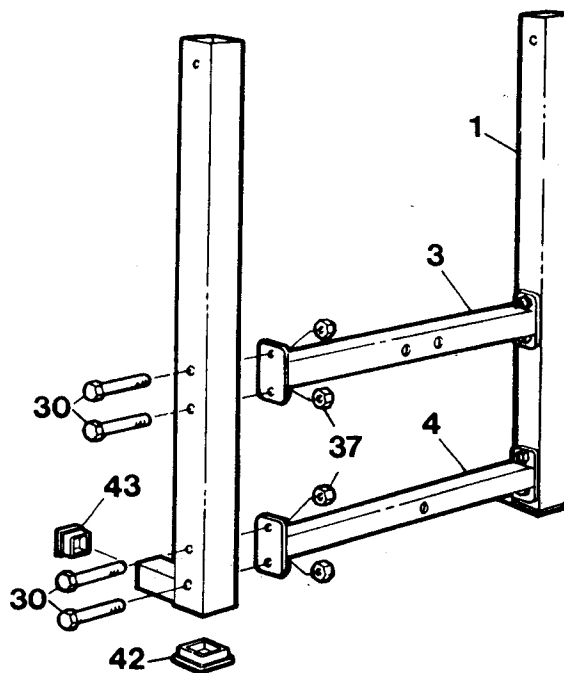
BOLT LENGTH SCALE

STEP 1 UPRIGHT ASSEMBLY

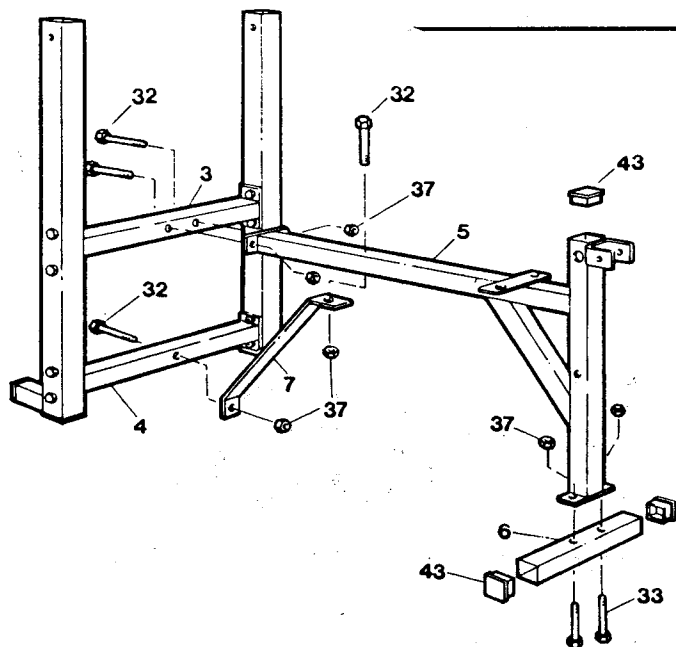
PART NAME	QTY
30 5/16" X 3" HEX HEAD BOLT	8
37 5/16" NYLON LOCK NUT	8
42 2 1/2" SQUARE PLASTIC CAP	2
43 2" SQUARE PLASTIC CAP	2

- ☐ It is important to notice in this assembly that the position of UPRIGHT CROSS MEMBER (2 HOLES) (3) will be on top and UPRIGHT CROSS MEMBER (1 HOLE) (4) will be on the bottom when assembled.

- ☐ Assemble both UPRIGHT CROSS MEMBER (3) and UPRIGHT CROSS MEMBER (4) to one UPRIGHT (1) using 5/16" X 3" HEX HEAD BOLTS (30) and 5/16" NYLON LOCK NUTS (37).



- ☐ Assemble second UPRIGHT (1) to assembled Upright Cross Members using 5/16" X 3" HEX HEAD BOLTS (30) and 5/16" NYLON LOCK NUTS (37). TIGHTEN ALL BOLTS!
- ☐ Press 2 1/2" SQUARE PLASTIC CAPS (42) into base of UPRIGHTS (1).
- ☐ Press 2" SQUARE PLASTIC CAPS (43) into extension on rear of UPRIGHTS (1).



STEP 2 FRAME ASSEMBLY

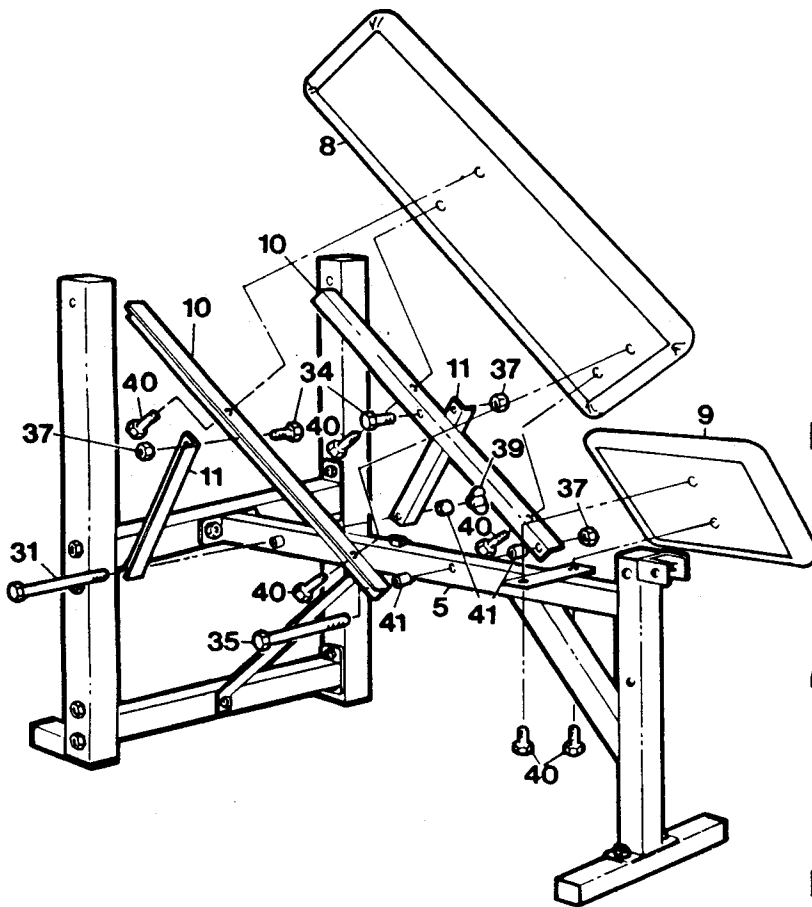
PART NAME	QTY
37 5/16" NYLON LOCK NUT	6
32 5/16" X 2 1/2" HEX HEAD BOLT	4
33 5/16" X 2 1/4" HEX HEAD BOLT	2
2" SQUARE PLASTIC CAP	3

- ☐ Attach MAIN FRAME (5) to FRONT SUPPORT (6) using 5/16" X 2 1/4" HEX HEAD BOLTS (33) and 5/16" NYLON LOCK NUTS (37).
- ☐ Press 2" SQUARE PLASTIC CAPS (43) into both ends of FRONT SUPPORT (6) and in top of MAIN FRAME (1) Front Leg.

- ☐ Align bolt holes of MAIN FRAME (5) bracket with holes on upper UPRIGHT CROSS MEMBER (3). Secure with 5/16" X 2 1/2" HEX HEAD BOLTS (32) and 5/16" NYLON LOCK NUTS (37).
- ☐ Align FRAME BRACE (7) with hole on UPRIGHT CROSS MEMBER (4) (Bottom) and hole on MAIN FRAME (5). Secure with 5/16" X 2 1/2" HEX HEAD BOLTS (32) and 5/16" NYLON LOCK NUTS (37).

STEP 3 BACKREST AND SEAT

PART NAME	QTY
40 1/4" X 3/4" ROUND HEAD SCREW	6
34 5/16" X 3/4" HEX HEAD BOLT	2
37 5/16" NYLON LOCK NUT	3
35 5/16" X 4 1/4" HEX HEAD BOLT	1
31 5/16" X 5" HEX HEAD BOLT	1
41 BUSHING	3
39 5/16" WING NUT	1



☐ First, turn BACKREST (8) over and assemble LONG ANGLE IRONS (10) to Backrest in position shown with 1/4" X 3/4" ROUND HEAD SCREWS (40). It is important to note that the Long Angle Irons must be positioned so that the flat side of the Iron is faced to the inside of the Backrest Pad. SEE ILLUSTRATION!

☐ Attach ANGLE IRON BRACES (11) to center hole on LONG ANGLE IRONS (10) making sure that the Angle Iron Braces are facing in the direction shown on the Illustration. Secure each ANGLE IRON BRACE (11) with 5/16" X 3/4" HEX HEAD BOLT (34) and 5/16" NYLON LOCK NUT (37).

☐ Attach lower end of LONG ANGLE IRONS (10) to MAIN FRAME (5) first.

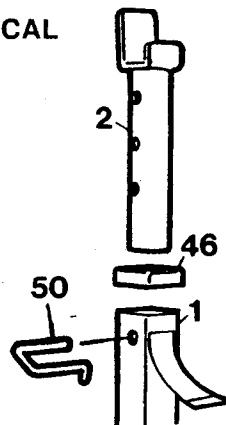
☐ Slide 5/16" X 4 1/4" HEX HEAD BOLT (35) through lower hole in LONG ANGLE IRON (10). Assemble BUSHING (41) over 5/16" X 4 1/4" HEX HEAD BOLT (35). Insert Bolt through hole in MAIN FRAME (5). Assemble second BUSHING (41) over Bolt as it exits the hole in the Main Frame, and then insert the Bolt through LONG ANGLE IRON (10) and secure with 5/16" NYLON LOCK NUT (37).

☐ Assemble 5/16" X 5" HEX HEAD BOLT (31) into ANGLE IRON BRACE (11), through welded Bushing in MAIN FRAME (5) and then through opposite ANGLE IRON BRACE (11) and BUSHING (41). Secure with 5/16" WING NUT (39). THIS PROCEDURE IS FOLLOWED EACH TIME AN ADJUSTMENT OF THE BACKREST IS DESIRED.

☐ Align the bolt holes on SEAT (9) with holes in the Seat Brace of MAIN FRAME (5). Secure with 1/4" X 3/4" ROUND HEAD SCREWS (40).

STEP 4 ADJUSTABLE UPRIGHTS & DECAL

PART NAME	QTY
50 LOCKING PINS	2
46 PLASTIC FRAME INSERTS	2



☐ Assemble PLASTIC FRAME INSERTS (46) onto the top of UPRIGHTS (1).

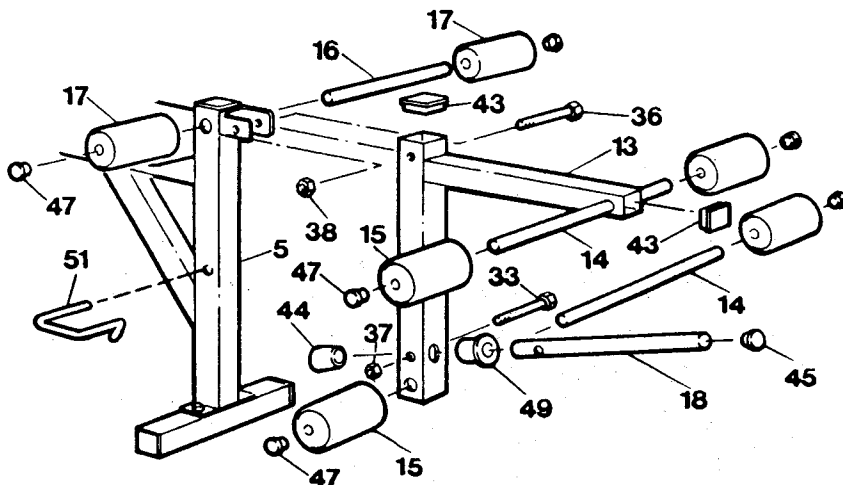
☐ Slide ADJUSTABLE UPRIGHTS (2) through hole in PLASTIC FRAME INSERTS (46).

☐ Use LOCKING PINS (50) to adjust the height on the ADJUSTABLE UPRIGHTS (2).

☐ DECAL: Remove the backing from the Decal; align Decal on Upright and apply it to the area indicated in the illustration.

STEP 5 LEG CURL ASSEMBLY

PART NAME	QTY
33 5/16" X 2 1/4" HEX HEAD BOLT	1
37 5/16" NYLON LOCK NUT	1
36 3/8" X 2 3/4" HEX HEAD BOLT	1
38 3/8" NYLON LOCK NUT	1
17 7" FOAM PAD	2
15 5 3/4" FOAM PAD	4
44 1" ROUND PLASTIC COVER CAP 15°	1
49 PLASTIC BUSHING	1
45 1" ROUND PLASTIC CAP	1
43 2" SQUARE PLASTIC CAP	2
47 3/4" ROUND PLASTIC CAP	6
51 LARGE LOCKING PIN	1



- ☐ Assemble **WEIGHT PIN (18)** through angled hole in the front side of **LEG CURL (13)** and secure with **5/16" X 2 1/4" HEX HEAD BOLT (33)** and **5/16" NYLON LOCK NUT (37)**.
- ☐ Press **1" ROUND PLASTIC COVER CAP 15° (44)** over rear extended portion of **WEIGHT PIN (18)**.
- ☐ Slide **PLASTIC BUSHING (49)** (flared side out) over **WEIGHT PIN (18)** until it is against the Leg Curl Frame.
- ☐ Assemble **1" ROUND PLASTIC CAP (45)** into end of **WEIGHT PIN (18)**.
- ☐ Press **2" SQUARE PLASTIC CAPS (43)** into both top and end of **LEG CURL (13)**.
- ☐ Position **LEG CURL (13)** between Leg Curl Brackets on **MAIN FRAME (5)** and attach with **3/8" X 2 3/4" HEX HEAD BOLT (36)** and **3/8" NYLON LOCK NUT (38)**. **DO NOT OVER TIGHTEN! THE LEG CURL MUST BE ABLE TO SWING FREELY.**
- ☐ Press **3/4" ROUND PLASTIC CAPS (47)** into ends of **PAD BARS 13 1/2" (14)** and **PAD BAR 16" (16)**.
- ☐ To aid in the assembly of the Foam Pads a small amount of liquid dish detergent can be wiped along the Pad Bars to act as a lubricant.
- ☐ Assemble **FOAM PAD 7" (17)** onto one end of **PAD BAR 16" (16)** and place in hole at the top of Main Frame Front Leg. Assemble second **FOAM PAD 7" (17)** onto opposite end of Pad Bar.
- ☐ Assemble **FOAM PAD 5 3/4" (15)** onto one end of each **PAD BAR 13 1/2" (14)** and place in holes on either end of **LEG CURL FRAME (13)**. Assemble second **FOAM PAD 5 3/4" (15)** onto opposite end of Pad Bar.
- ☐ **LARGE LOCKING PIN (51)** is used to lock **LEG CURL (13)** to **MAIN FRAME (5)**.